



## Walk your way to better health – Use a pedometer!

Walking is an easy and free way to exercise! You can do it at any time, any place, any weather. Walking 10,000 steps total each day (close to 5 miles) can help you lose weight, improve your blood pressure and cholesterol levels, decrease the risk of cancer, diabetes, osteoporosis and heart disease. A person who walks 10,000 steps a day will burn between 2,000 and 3,500 extra calories each week. Walking helps you control your diabetes for a longer and healthier life!

### How do you start?

- Start by wearing your pedometer each day for two weeks.
- Put on the pedometer in the morning and wear it until bedtime – wear it on your belt, pants or skirt waistband. The pedometer counts steps based on your walking stride length (~ 2.5 feet).
- Record your daily steps in a log or notebook for seven days to know your average daily steps.
- Increasing your steps each week by 500 will help you reach the 10,000 steps goal (i.e. go from 3,000 to 3,500 steps each day).

### Tips on walking\*

- Wear comfortable shoes (sneakers, loafers) and socks. Take a walk with your spouse, children, friend, or dog
- Park farther from the store/supermarket OR walk to the store/supermarket
- Window shop – in the mall (summer or winter to keep warm or cool off)
- Walk in your garden for some weeding, or walk to a neighbor's house for a visit
- Get up to change the TV or stereo channel (lose the remote or turn off the TV)
- Use the stairs instead of the elevator

\* People with diabetes are more likely to develop neuropathy which causes less “feeling” to their feet – this means they may not feel a cut, a piece of glass inside their foot, or a nail inside their shoe. Avoid walking barefoot to decrease the risk of foot injury!

Need more information on the benefits of walking or walking tips? Go to these websites:

[www.thewalkingsite.com/steps.html](http://www.thewalkingsite.com/steps.html)

[www.shapeup.org/10000steps.html](http://www.shapeup.org/10000steps.html)

### Take Control of Your Diabetes, Use the My Diabetes Record!

Obtain a FREE Record → contact HEALTH at (401)222-3442; web: [www.health.ri.gov](http://www.health.ri.gov) (“diabetes”)

|           |              |       |       |          |           |        |              |       |          |  |  |
|-----------|--------------|-------|-------|----------|-----------|--------|--------------|-------|----------|--|--|
| Week 1    | Date _____   |       |       |          |           | Week 2 | Date _____   |       |          |  |  |
|           | Weight _____ |       |       |          |           |        | Weight _____ |       |          |  |  |
|           | Time         | Steps | Miles | Calories |           | Time   | Steps        | Miles | Calories |  |  |
| Monday    |              |       |       |          | Monday    |        |              |       |          |  |  |
| Tuesday   |              |       |       |          | Tuesday   |        |              |       |          |  |  |
| Wednesday |              |       |       |          | Wednesday |        |              |       |          |  |  |
| Thursday  |              |       |       |          | Thursday  |        |              |       |          |  |  |
| Friday    |              |       |       |          | Friday    |        |              |       |          |  |  |
| Saturday  |              |       |       |          | Saturday  |        |              |       |          |  |  |
| Sunday    |              |       |       |          | Sunday    |        |              |       |          |  |  |
| Total     |              |       |       |          | Total     |        |              |       |          |  |  |

|           |                            |       |       |          |
|-----------|----------------------------|-------|-------|----------|
| Week 3    | Date _____<br>Weight _____ |       |       |          |
|           | Time                       | Steps | Miles | Calories |
| Monday    |                            |       |       |          |
| Tuesday   |                            |       |       |          |
| Wednesday |                            |       |       |          |
| Thursday  |                            |       |       |          |
| Friday    |                            |       |       |          |
| Saturday  |                            |       |       |          |
| Sunday    |                            |       |       |          |
| Total     |                            |       |       |          |

|           |                            |       |       |          |
|-----------|----------------------------|-------|-------|----------|
| Week 4    | Date _____<br>Weight _____ |       |       |          |
|           | Time                       | Steps | Miles | Calories |
| Monday    |                            |       |       |          |
| Tuesday   |                            |       |       |          |
| Wednesday |                            |       |       |          |
| Thursday  |                            |       |       |          |
| Friday    |                            |       |       |          |
| Saturday  |                            |       |       |          |
| Sunday    |                            |       |       |          |
| Total     |                            |       |       |          |

|           |                            |       |       |          |
|-----------|----------------------------|-------|-------|----------|
| Week 5    | Date _____<br>Weight _____ |       |       |          |
|           | Time                       | Steps | Miles | Calories |
| Monday    |                            |       |       |          |
| Tuesday   |                            |       |       |          |
| Wednesday |                            |       |       |          |
| Thursday  |                            |       |       |          |
| Friday    |                            |       |       |          |
| Saturday  |                            |       |       |          |
| Sunday    |                            |       |       |          |
| Total     |                            |       |       |          |

|           |                            |       |       |          |
|-----------|----------------------------|-------|-------|----------|
| Week 6    | Date _____<br>Weight _____ |       |       |          |
|           | Time                       | Steps | Miles | Calories |
| Monday    |                            |       |       |          |
| Tuesday   |                            |       |       |          |
| Wednesday |                            |       |       |          |
| Thursday  |                            |       |       |          |
| Friday    |                            |       |       |          |
| Saturday  |                            |       |       |          |
| Sunday    |                            |       |       |          |
| Total     |                            |       |       |          |

|           |                            |       |       |          |
|-----------|----------------------------|-------|-------|----------|
| Week 7    | Date _____<br>Weight _____ |       |       |          |
|           | Time                       | Steps | Miles | Calories |
| Monday    |                            |       |       |          |
| Tuesday   |                            |       |       |          |
| Wednesday |                            |       |       |          |
| Thursday  |                            |       |       |          |
| Friday    |                            |       |       |          |
| Saturday  |                            |       |       |          |
| Sunday    |                            |       |       |          |
| Total     |                            |       |       |          |

|           |                            |       |       |          |
|-----------|----------------------------|-------|-------|----------|
| Week 8    | Date _____<br>Weight _____ |       |       |          |
|           | Time                       | Steps | Miles | Calories |
| Monday    |                            |       |       |          |
| Tuesday   |                            |       |       |          |
| Wednesday |                            |       |       |          |
| Thursday  |                            |       |       |          |
| Friday    |                            |       |       |          |
| Saturday  |                            |       |       |          |
| Sunday    |                            |       |       |          |
| Total     |                            |       |       |          |